

JUMP IN AND SWIM MONTH

"Jump In and Swim Month" is designed to help children and adults learn basic swimming skills and water safety practices. Learning these skills **helps to build confidence and self-esteem. Swimmers will grow stronger** in body, mind and spirit.

Participating Agencies: **White Plains Recreation and Parks, White Plains City School District, White Plains YMCA, YWCA of White Plains, White Plains Youth Bureau and White Plains Hospital.**

*Get your cap, goggles and snorkel your way through a **FREE** month of learn to swim activities!*

WHITE PLAINS HIGH SCHOOL

550 North Street | www.whiteplainspublicschools.org

Wednesday & Thursday, March 6 & 7: Siblings Swim, 3:30 - 5:30 PM at White Plains High School
White Plains High School Students and Staff are invited to bring their siblings and family members for a late afternoon swim under the guidance of the White Plains High School Swim and Diving Teams. All level of swimmers welcome.

WHITE PLAINS RECREATION AND PARKS

85 Gedney Way | (914) 422-1336 | www.CityofWhitePlains.com

Friday, March 15 - Family Fun | Open Swim - 7 to 9 PM at White Plains High School (Pre-reg. not required)

Saturday, March 23 - Learn to Swim | Open House at White Plains High School (Pre-reg. not required)

- 1:30 PM - Parent/Tot Swim
- 2:15 PM - Level 1 - New Swimmers, Introduction to Swim for Youth
- 3:00 PM - Level 2 - Advanced Swimmers, Youth
- 3:45 PM - Introduction to Water Aerobics Class for adults

March 22, 25, 26, 28 - Lifeguard Training | Refer to City Guide

YWCA OF WHITE PLAINS AND CENTRAL WESTCHESTER

515 North Street | (914) 949-6227 | www.YWCAWPCW.org

Tuesday & Wednesday, March 19 & 20 - 10:00 AM and 10:30 AM - Parent/Toddler Swim

Thursday, March 21 - 10:30 AM and 11:00 AM - Pre-School Swim class

Thursday, March 21 - 10:30 AM - Adult Learn to Swim class

Friday, March 22 - 8 PM and 8:45 PM - Youth Swim Class

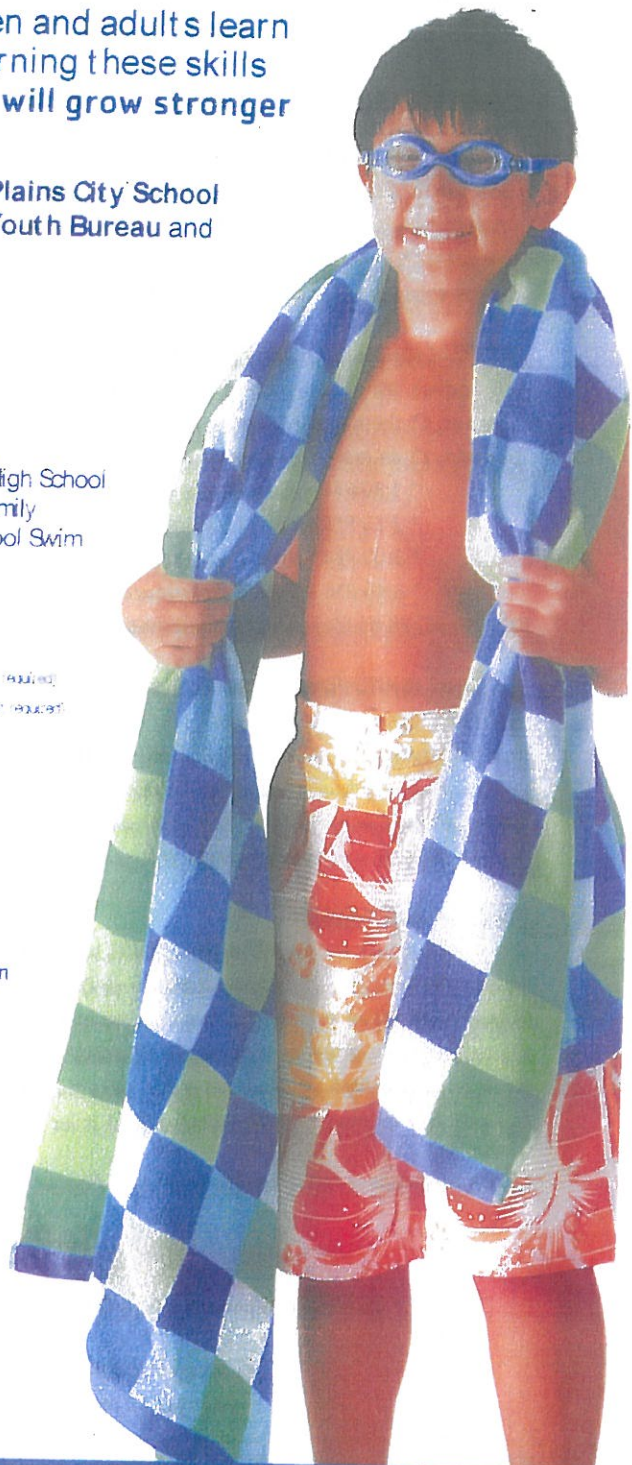
WHITE PLAINS YMCA

250 Mamaroneck Avenue | (914) 949-8030 | www.whiteplains.ymca-cnw.org

Monday - Friday, March 25 - 29, 9 AM - 6 PM

SPLASH WEEK is a YMCA learn-to-swim initiative for beginner-level participants ages 3 - 11 years old. The primary purpose of **SPLASH WEEK** is to encourage youth to begin to learn basic swimming skills and water safety practices. **SPLASH WEEK** is free, but registration is required. Interested families can begin registering via phone or in-person beginning at 7 AM on Saturday, February 23, 2013. Space is limited so don't hesitate!

Pre-registration may be required. Contact the sponsoring agency for requirements.



JUMP IN AND SWIM MONTH WILL CONCLUDE WITH A JAMBOREE OF SWIM ACTIVITIES FOR THE ENTIRE FAMILY

On Saturday, March 30, 2 PM - 5 PM at the White Plains YMCA, 250 Mamaroneck Ave.
Pre-Registration is required. Space is limited! Call: (914) 949-8030.